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Spring 2016

## Eagle Families Newsletter Spring 2016

Bridgewater College

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## Greetings

Dear Bridgewater College Families,

As we move through the Spring 2016 semester, I hope that your student is enjoying their Bridgewater experience! In this issue of the Eagle Families Newsletter, you'll find out more about the many ways our students learn, lead and take responsibility at BC. Whether it's the Center for Sustainability, the Center for Cultural Engagement, student research or a glimpse into a day in the life of one of our students, we hope this newsletter gives you a picture of the diverse opportunities in which our students engage each day on campus. Enjoy the latest edition of the newsletter!

Suzanne Bushman  
Chair, Family Council  
Presidential Spouse

### 2015-16

#### Bridgewater College Family Council Board

Suzanne Bushman, Chair  
Presidential Spouse

Adrienne Brooks-Hill and Carlton Hill

Adrianna Cowan-Waddy

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Karla and Brad Hallock

Judith Hasty

Karen Cadell-Lee and Mike Lee

Mark and Susan Michrina

Nancy and Allen Phibbs

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Todd and Tina Snook

Acquenetta and Robert Thurston

## A Day in the Life of Jasmine Guadarrama '18

**8 a.m.** Sophomore Jasmine Guadarrama attends Educational Psychology with Dr. Jenny Martin for her first class of the day. Jasmine came to Bridgewater College from Warrenton, Va., because she was so impressed with the BC admissions counselor who visited her high school and her subsequent visit to campus. "Everyone was so friendly, and I loved the small community."

**10 a.m.** She grabs a late breakfast in the Kline Campus Center dining hall and chats with friends before heading to class again.

**11 a.m.** Her next class is Mandarin Chinese, which Bridgewater offers through a virtual classroom partnership with the Virginia Foundation for Independent Colleges. Although the class's teachers are at Roanoke College, Jasmine and seven other BC students participate through a live video-conference feed. This is Jasmine's favorite class of the semester, since she loves learning languages and appreciates the opportunity to take a course in a language she wouldn't be able to learn otherwise.

A Spanish major and a French minor, her other classes include a communication studies class on television history and a world languages and cultures class on Spain and Africa, taught in Spanish by Dr. Mahan Ellison.

**12:30 p.m.** Jasmine picks up recycling for her on-campus job with the Center for Sustainability. Typically, she works for about two hours, two or three days a week.

**2:30 p.m.** She heads off campus for her part-time job at a daycare in Bridgewater, where she works three to four days a week in the afternoon.

**7 p.m.** Depending on the evening, Jasmine is back on campus for a club meeting. She is President of the BC chapter of the New Community Project, an organization that promotes peace and social justice, sustainability initiatives and experiential learning. Their current focus is on reviving the on-campus bike share program.

She is also active in the Latino Student Association on campus, where she "helps out wherever [she] can." In addition, she is a mentor through the Student Latino Association to a Latina high school student at Harrisonburg High School.

Jasmine's goal is to master Spanish and learn as many languages as she can. She plans to study abroad in Spain in 2017. After graduation, she'd like to pursue a career in government that allows her to travel and use her fluency in multiple languages.



## Student Resources

**Dr. Robert Andersen** Director of Academic Advising and Associate Dean for Academic Affairs  
randerse@bridgewater.edu

**Paige French** Director of Health Services  
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**Randy Hook** Director of Counseling Services  
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**Heidi Hoover** Title IX Coordinator  
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**The Rev. Dr. Robbie Miller** College Chaplain  
rmiller@bridgewater.edu

**Dr. Chip Studwell** Director of Academic Support  
cstudwell@bridgewater.edu

**Sherry Talbott** Director of Career Services  
stalbott@bridgewater.edu



## Message from Joanne Harris-Duff

DIRECTOR OF MULTICULTURAL SERVICES



As many Eagles will attest, one of the most exciting and memorable aspects of the Bridgewater College experience is the opportunity to meet people from all walks of life and from all over the world. As the Director of Multicultural Services, it would be my pleasure to meet you and your student and be part of your Bridgewater experience.

The Center for Cultural Engagement promotes a campus community that affirms an understanding and appreciation of diversity and encourages inclusiveness of and respect for different

cultures. The center works collaboratively with other departments to serve underrepresented students by developing programs and resources to assist in the process from matriculation to graduation, and to provide resources and ideas for majority students seeking to identify and understand matters of diversity.

All students are invited and encouraged to make the choice to be challenged by the many diverse opportunities offered through fellowship, leadership and multicultural education.

If you have further questions, or would like more information, please stop by the Center for Cultural Engagement located at 112 College View Drive. I can be also reached by email at [jharris-duff@bridgewater.edu](mailto:jharris-duff@bridgewater.edu) or by phone at 540-828-5749.

## THE RESEARCH EXPERIENCE @ BRIDGEWATER

Through The Research Experience @ Bridgewater Program, students are afforded the unique opportunity to engage in research with our faculty. With their faculty mentors, students in any discipline—the sciences, arts, humanities—immerse themselves in exploration, inquiry and collaboration.



"The summer research experience has taught me that research is not easy, and that it definitely takes time, dedication and hard work. It is fascinating how we have been able to incorporate mathematics

to better understand the human heart and its behavior."

—JOSE CORONA '16  
APPLIED PHYSICS, ENGINEERING TRACK

"Underwater video analysis is a new method that is just becoming popular and has no standard method to go along with it. The constant problem solving and improvements made to our method were really rewarding when we finally got results. This project involved more than just following directions. We were starting with a new method and solving the problems as they happened."

—LACY CLARK '16  
ENVIRONMENTAL SCIENCE



# Interview with Teshome Molalenge

DIRECTOR, CENTER FOR SUSTAINABILITY

**Q: What is the mission of the Bridgewater College Center for Sustainability?**

**A:** The Center for Sustainability works across campus to support sustainable practices and programs in areas such as education, research and campus operations. Everything we do is about collaboration—working with students, faculty and staff in all different areas; finding grant opportunities; implementing new programs; taking students to sustainability-related conferences and much more.



Molalenge at the ribbon cutting for the electric vehicle charging station.

We installed an electric vehicle charging station on campus, assisted in raising funds to have water bottle filling stations installed across campus, significantly increased the number of recycling containers at BC and created a Move-Out and Exchange program to encourage donations and decrease waste at the end of the academic year, just to name a few. The College was recently recognized in the Princeton Review's Guide to 353 Green Colleges for its commitment to sustainability.

**Q: What opportunities do students have to get involved?**

**A:** Students can work in the on-campus recycling program, which is entirely student run. They can propose and work on new and existing programs across campus and give presentations at conferences and workshops related to sustainability. They can also apply for one of six internships offered by the center:

- Campus Waste Audit Intern
- Comprehensive Energy Audit Intern
- Corporate Social Responsibility Intern
- Photovoltaic Solar Assessment Intern
- Energy Efficiency Education Dashboard Intern
- Campus Composting Intern

**Q: What are some of your goals for the future?**

**A:** We are focusing on energy conservation and operation efficiency, along with an emphasis on waste reduction. Recycling is important, but it's even more important to reduce the amount of waste generated overall. We want to recognize the achievement of our student leaders who work on sustainability projects and do even more to give them research opportunities.



Students learn about the composting program (top) and the College's ELF (electric, light and fun) vehicle, a solar-powered bicycle-car used in the recycling program.

# Closing the Gap

*Dr. Chip Studwell, Director of Academic Support*

Many of us have what I call "the capability-performance gap." Whether it is in academics, athletics, music or any other area of our lives, the "gap" refers to the difference between the capabilities we possess and our actual performance. That space is where our potential lies.

The "gap" has everything to do with how we organize our time. We usually spend time doing the things we like and do well. They become habits and priorities. However, to reach some of our goals, we may need to organize our time to prioritize something that is more difficult.

When I came to college, I wanted to play sports, but I knew I needed to graduate from college to prepare me for my career. The former I loved and did regularly, while I needed to do the latter more readily. The attention I gave to working out put me in shape to build the skills of my sport. But I would often wait until the night before a test to study five weeks of material!

Often students may not do well academically because they are not learning on an ongoing basis. The brain functions like a muscle, and learning needs to be as regular and integrated as the process of physically working out. No one can replicate a five-week process of integrated learning that builds on their



mastery of earlier information in one night or in one week.

So what do we do? We need to form new habits of learning. One resource at Bridgewater College that can help change those habits is the Academic Coach program, which helps students with organizing, managing and completing work in a timely way. Academic coaches are peers who meet with a student twice a week. The coach helps the student put all tests, papers and assignments in an organizer and breaks down the steps leading to their completion. Each day, the student knows exactly what needs to get done and is able to account for all their work. Learning becomes ongoing and more efficient.

If your student would either benefit from an academic coach or would like to be one, they should contact me at [studwell@bridgewater.edu](mailto:studwell@bridgewater.edu) or 540-828-5370.

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